## Abstract

Interfaces for damping mechanical vibrations are used, for example, for damping vibrations in the automotive or aerospace industry. The interfaces have a base connection element (10), a load connection element (28) and a support element (14), with the support element (14) being connected to the base connection element (10) via a pretensioning device (12). A first energy converter system (16, 18) extends between engagement points (20, 22) on the base connection element (10) and engagement points (24, 26) on the load connection element (28). A second energy converter system (30, 32) extends between engagement points (34, 36) on the support element (14) and engagement points (38, 40) on the load connection element (28).